



The Forum

Newsletter by and for members of Schizophrenics Anonymous®

Developing Goals

1. Make sure the goal you are working for is something you really want, not just something that sounds good. When setting goals it is very important to remember that your goals must be consistent with your values.
2. A goal cannot contradict any of your other goals. When you contradict your other goals with new goals, this is called non-integrated thinking, and it will sabotage all of the hard work that you put into your goals. Non-integrated thinking can also hamper your everyday thoughts as well. We should continuously strive to eliminate contradictory ideas from our thinking.
3. Develop goals in different areas of life: such as financial, career, spiritual and ethical, physical health, mental health, social and cultural, educational, family and home. Setting goals in each area of life will ensure a more balanced life as you begin to examine and change the fundamentals of everyday living. Setting goals in each area of life also helps in eliminating the non-integrated thinking that was in step number 2.
4. Write your goal in the positive instead of the negative. Work for what you want, not what you want to leave behind. Part of the reason why we write things down and examine our goals is to create a set of instructions for our subconscious mind to carry out. Your subconscious mind is a very efficient tool; it cannot determine right from wrong, and it does not judge. Its only function is to carry out its instructions. The more positive results you will get. Thinking positively in everyday life will also help in your growth as a human being. Do not limit it to goal setting.

Continued on page 5

Founder's Column

by Joanne Verbanic

Dear SA Family:

It's hard to believe that the SA 20th Anniversary Conference has already come and gone. But my memories of that week will linger on for a long time. Thank you to everyone who attended the conference. There was so much fellowship and sharing. Remembering the last 20 years was so heartwarming. I'm looking forward to the next 20 years and to the future of SA.

To all SA members, thank you for your dedication, hard work and commitment to SA. You're the courageous ones working toward recovery. As always, it's a pleasure to be among your company.

Love, Joanne

Being There for our Peers

At a recent SA meeting, there was a new member in attendance. He was in the throes of suffering with his schizophrenia. He asked us, the co-leader and I, if we would wait with him for the hour before his appointment at the local mental health clinic. My co-leader and I agreed. We sat with this new member until it was time for his appointment.

As he left, he told my co-leader and me that he was looking for people who would accept him and understand what it is to have schizophrenia. He felt no judgment from us, no belittling, just acceptance from fellow people with schizophrenia. This is the mission of SA: to be there for those whom the rest of society fears or does not understand.

— anonymous

Inside...

Developing Goals	Page 1
SA Group Listing	Page 2
SA In Action	Page 4
Wellness	Page 6

SA Group Listings

Schizophrenics Anonymous[®] (SA) is a six-step, self-help support group for persons with schizophrenia and related disorders. Administered by the National Schizophrenia Foundation, SA promotes self-help as an adjunct to professional help and the use of medication.

SA groups are run by their collective membership, have no dues, governing bodies, or by-laws. The following is a current listing of active SA groups. For more information, call (800) 482-9534, ext. 103.

ALABAMA

Mobile

CALIFORNIA

Bakersfield
Chula Vista
Downey
Fairfield
Gardena
Hollister
Hollywood
Lancaster
Long Beach (2)
Palmdale
Palo Alto
Sacramento (3)
San Diego
Santa Rosa
Tehachapi
Van Nuys (2)

COLORADO

Aurora
Boulder
Delta
Lakewood (2)
Littleton
Montrose
Pueblo

CONNECTICUT

Ansonia
Bridgeport (2)
Danbury
East Hartford
Enfield
Hartford
Middletown
New Haven
Newington

Norwalk
Norwich (2)
West Haven

FLORIDA

Fort Myers
Hollywood
Jacksonville (2)
Lauderhill
Oakland Park
Port Charlotte
St. Petersburg

GEORGIA

Columbus
Marietta

HAWAII

Honolulu

ILLINOIS

Blue Island
Wheaton

INDIANA

Bloomington
Lafayette

IOWA

Decorah

KANSAS

Wichita

MARYLAND

Gaithersburg
Wheaton

MASSACHUSETTS

Quincy

MICHIGAN

Adrian (3)
Bay City
Benton Harbor
Berkley
Big Rapids
Charlotte
Coldwater
Detroit (3)
Eastpointe
Flint
Fowlerville
Fremont
Grand Haven
Grand Rapids
Holland
Holly
Ionia
Kalamazoo
Lansing (2)
Lincoln Park (2)
Livonia
Midland
Muskegon
Oak Park (2)
Petoskey
Plymouth (5)
Port Huron
Royal Oak
Saginaw (2)
Westland
Wixom (3)
Yale
Ypsilanti (5)

MINNESOTA

Mankato

MISSOURI

Kansas City
St. Louis

NEBRASKA

Lincoln

NEW JERSEY

Jersey City
Mountain Lakes
New Brunswick

NEW YORK

Bronx (2)
Hudson Falls

Rego Park (2)
Rochester (2)

N. CAROLINA

Carrboro
Durham
Greensboro

N. DAKOTA

Grand Forks

OHIO

Amelia
Cambridge
Cincinnati
Columbus (3)
Dayton
Elyria
Lisbon
Mansfield
Middleburg Hgts.
Newark
Port Clinton
Springfield
Toledo
Worthington
Zanesville

PENNSYLVANIA

Erie
Morrisville
Philadelphia (2)
Pittsburgh

S. CAROLINA

Camden
Columbia

TEXAS

Abilene (2)
Austin
El Paso
Lubbock

WASHINGTON

Medical Lake

WISCONSIN

Madison

ABROAD:

Australia
Brazil
Mexico
Venezuela

SA's Philosophy on Medication

In the history of medical treatment for schizophrenia, the factor that has consistently brought the greatest relief from symptoms is antipsychotic medication. Because medication is a primary factor in our recovery, it is very important for us as people with schizophrenia and related disorders to maintain our medication regimen, in conjunction with our physician's advice.

As members of SA, we encourage dialogue about medication, and many SA groups invite medical professionals to present information on medication once or twice a year. It can also help the group to read the Schizophrenia Update, with its current information on medication and research trends, as part of the meeting. SA members and leaders should not advocate one brand of medication over another, but should encourage people to speak from their own experiences with symptoms, medication, and side effects.

If you sense that your medication is not working properly, contact your psychiatrist or doctor immediately. Your experience is useful to help your doctor decide how to adjust or change your medication, so that you may have a higher quality of life. When seeking help from a medical professional for the first time, it is important to interview that person, and make sure you will be able to have open communication and a good working relationship.

Mark your calendar now for
Schizophrenia Awareness Week (SAW)
May 21-27, 2006
 Contact Laura Harwin at (800) 482-9534, ext. 105,
 or harwin@nsfoundation.org for more information.

Reports from SAW 2005

Here are a few of the many activities reported by local SA groups in observance of SAW 2005.

* The Worthington, OH, SA group held a picnic at a local park.

* The Erie, PA, SA group sponsored a "Choices in Recovery" seminar.

* The Lansing, MI, SA group sponsored a celebration with a video, lunch and music.

* In Philadelphia, PA, SA members mailed out information to area businesses.

* Proclamations were declared in Abilene, TX; Big Rapids, MI; and Menlo Park, CA.

* Letters to the editor by SA members were printed in newspapers in Port Charlotte, FL; and Kansas City, MO.

* The Wheaton, IL, SA group co-sponsored a conference that provided information and resources.

Schizophrenics Anonymous Materials Order Form

Please note how many of which item(s) you are requesting. Make checks payable to **National Schizophrenia Foundation**.

- SA Materials Order Form. A complete list of materials available for purchase (FREE).
- Yes. I would like to receive a free brochure which briefly describes the Schizophrenics Anonymous program (FREE).
- Yes. I would like to receive the SA Blue Book (\$2.00 each).
- Yes. I would like to receive the SA 20th Anniversary Commemorative Booklet (\$2.50 each).
- Yes. I would like to receive the video tape "Joanne Verbanic: On SA and Schizophrenia" (\$15.00 each).
- Yes. I would like to support the National Schizophrenia Foundation with a financial contribution.
- Enclosed is my check for (please circle): \$10.00 \$25.00 \$50.00 \$100.00 \$ Other
- Yes. I am interested in forming an SA group and would like to learn more about the "Start-Up Package."

Name _____ Phone () _____ E-mail _____

Address _____ City _____ State _____ Zip _____

Total Enclosed: \$ _____ Method of Payment: _____ Check _____ Credit _____ Debit

Visa Mastercard _____ Billing Address (if different than above)

Account Number _____ Expiration Date _____ City _____ State _____ Zip

Name (as it appears on the card) _____ Signature _____

Complete this order form and send it, along with a check, money order or credit card information to:
 National Schizophrenia Foundation, 403 Seymour Street, Suite 202, Lansing, MI 48933. Phone: (517) 485-7168. Fax: (517) 485-7180.

SA Commemorative Booklets Available

Copies of the SA 20th Anniversary Commemorative Booklet are still available. The booklet highlights the history of SA, and includes essays, poetry and artwork from SA members. Use the form on page 3 of this newsletter to order copies.

A note to Joanne

Dear Joanne:

Twenty years ago today (June 15, 2005) I graduated from Detroit College of Business. This achievement produced for me a BBA in Accounting. It took many painstaking years, but I prevailed. I mention my graduation only because 20 years ago you started SA, a group that had become an integral part of my life.

I remember SA for its caring members. Meeting in Southfield, MI, was something that transformed me, molded me and encouraged me to become what I am today. I know that I am not perfect, but SA helped me look at life in a way that I never did before 1985. Game nights, meeting at local restaurants with others, sharing our ideas and thoughts.

I believe SA at a certain point in my life provided me with much understanding and meaning behind my illness. As I stated before, SA at one point in my life was so essential.

I want to close by saying my wish is that others can read this message, and hopefully consider that SA today is a support group after 20 years that is still as effective today as it was in 1985. Joanne, may God continue to bless you. Thank you. I hope to celebrate with you soon.

Dan K.

A member of SA

With more thankfulness than you know.

E-newsletter available

The National Schizophrenia Foundation distributes a weekly electronic newsletter, *Schizophrenia News Links*, that contains the latest information on schizophrenia. Just go to www.NSFoundation.org to subscribe.

Getting the word out

Hello!

My name is Diann H. I am from the SA group in Abilene, Texas. We just passed out 200 flyers about our group in five days. I am happy to report that a place from the Social Security Office that helps people out with money and other things will be putting us on their resource list and will also hang up our flyer in the main lobby area.

We passed our flyers to over 75 different places. So far we have had four new people join us because of us passing out flyers. One new member has started his own support group for people who have mental illnesses. It is not specific like our group is. He did invite us to go to one of his meetings. So I plan on making a day to go to it and bring some of the other members with me. They do theirs weekly. So, I am going to ask everyone if they want to have it weekly. It is better than having it just two times a month.

Next, we are going to start promoting SA by television, radio and newspaper. Wish us luck!!!!

Sincerely yours,
Diann H.

SA in Action...

* Janet P. of Evanston, IL, is permanently employed as a Research Analyst at a local law firm.

* Chris C. of Silver Spring, MD, was promoted to Assistant Manager at his work with Jobs Unlimited Upscale Resale Thrift Shop.

* Ronald S. of Big Rapids, MI, received "The Consumer of the Month" award from Central Michigan CMH.

* Petra C. of Grand Forks, ND, completed five years of employment (a personal record) and Chairs the North Dakota Mental Health Planning Council.

Goals (continued)

5. Write your goal out in complete detail. **MAKE SURE YOUR GOALS ARE MEASURABLE...**for example: "I want to lose 10 pounds in 5 weeks." How do I know when my goal has been reached? Instead of writing "A new home," "A 4,000 square foot contemporary with 4 bedrooms and 3 baths and a view of the mountain on 20 acres of land." Once again, we are giving the subconscious mind a detailed set of instructions to work on. The more information you give it, the more clear the final outcome becomes. The more precise the outcome, the more efficient the subconscious mind can become. Sometimes it helps to close your eyes and visualize the end result of your goal. If you can see it, your subconscious mind can also.

6. Make sure your goal is high enough. Shoot for the moon; if you miss, you will still be in the stars. If you never make it to the ultimate goal, everything that you do to reach your goal will make you a better person. You have nothing to lose and everything to gain. Shoot for the moon!

7. This is the most important, write down your goals. Writing down your goals creates the road map to your success. Although just the act of writing them down can set the process in motion, it is also extremely important to review your goals frequently. Remember, the more focused you are on your goals the more likely you are to accomplish them.

Sometimes we realize we have to revise a goal as circumstances and other goals change. If you need to change a goal, do not consider it a failure; consider it a victory as you had the insight to realize something was different.

The difference between a goal and a dream is the written word.
 – Gene Donohue

So your goals are written down. Now what? First of all, unless someone is critical to helping you achieve your goals, do not freely share your goals with others. The negative attitude from friends, family and neighbors can drag you down quickly. It's very important that your self-talk (the thoughts in your head) is positive.

Reviewing your goals daily is a crucial part of your success and must become part of your routine. Each morning when you wake up, read your list of

goals that are written in the positive. Visualize the completed goal, see the new home, smell the leather seats in your new car, feel the cold hard cash in your hands. Then each night before you go to bed, repeat the process. This process will start both your sub-

conscious and conscious mind on working towards the goal. This will also begin to replace any of the negative self-talk you may have and replace it with positive self-talk.

Every time you make a decision during the day, ask yourself this question, "Does it take me closer to, or further from my goal?" If the answer is "closer to," then you've made the right decision. If the answer is "further from," well you should know what to do. If you follow the process each and every day, you will be on your way to achieving unlimited success in every aspect of your life.

*Adapted from the Steppingstone Newsletter,
Step-by-Step Clubhouse, Fulton, NY.*



Schizophrenics Anonymous® is a self-help network for persons with schizophrenia and related disorders. SA is administered by the National Schizophrenia Foundation, a 501 (c)(3) not-for-profit organization.

All submissions for *The Forum* should be directed to

National Schizophrenia Foundation
403 Seymour Street, Suite 202
Lansing, MI 48933

(517) 485-7168 / (800) 482-9534 (consumer line)

Fax: (517) 485-7180

www.NSFoundation.org

Challenging ourselves to be well...

An enthusiastic crowd gathered for the Wellness workshop at the recent Leadership Development Conference. Everyone took a few minutes at first to brainstorm his/her own personal challenges and tips regarding wellness, whether that involved physical, mental, or spiritual health. Each person who cared to stood up and introduced themselves, then listed their challenges and later, their tips. (These are listed below, although the tips are not always “lined up” with the corresponding challenge.) The facilitator, Sharon Pedersen, provided a few brief suggestions on finding the right exercise and diet program, and she pointed out the new food pyramid (available online at www.mypyramid.gov). The workshop concluded with a guided meditation on wellness, written by Louise Hay. Everyone left with HOPE for wellness!

Challenges

- * Dealing with food.
- * Dealing with stress.
- * Be active.
- * Disorganized apartment.
- * Advocating for the mentally ill.
- * Shyness.
- * Staying focused.
- * Side effects, diabetes, weight and stress.
- * How to run an SA meeting.
- * How to stabilize the illness.
- * Want to lose 5 pounds.
- * Feeling as close and happy with my family as I do at SA group.
- * Mental health and anger control.
- * Meals, work, activities.
- * Asking for help.
- * Physical health.
- * Inappropriate social behavior.
- * Speak my mind.
- * Family, forgiveness.
- * Acceptance by others, shyness.
- * Follow through on mental/physical signs.
- * To get out of my own negative thoughts.

Tips to deal with wellness challenges

- * Eat healthy.
- * Give myself permission to be stressed
- * Plan well in advance. Be prepared. Be enthusiastic.
- * Writing notes to myself.
- * Hope, belief in God, my limitations and patience in adversity.
- * I try to stay balanced and relaxed.
- * Deep breathing, Tai Chi, stretching.
- * Keep it simple.
- * Follow your doctor’s recommendations.
- * ODAAT-One day at a time.
- * What’s really important is what I think of myself, not what others think of me.
- * Move a muscle and change a thought.
- * Plan ahead, be brave, get going even in adversity.
- * Have a good support system (chosen family).
- * Stand up during work or any time to be more fit.
- * Do you want to succeed? Just get desperate enough.
- * Follow your dreams.
- * Pray.
- * Don’t judge what you are doing; it will be good/neutral.
- * Take meds as prescribed. Do only what I can do.
- * Don’t feel like you are a failure but only having a temporary setback.



Schizophrenics Anonymous
c/o National Schizophrenia Foundation
403 Seymour Street, Suite 202
Lansing, MI 48933

Non-Profit U.S. Postage PAID Lansing, MI Permit No. 411
